



SDG SPEED-DATING

CREATED BY

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INSPIRED BY

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An Overview

WHAT ARE THE SDGS?



On 25 September 2015, the 2030 Agenda for Sustainable Development was adopted by all 193 member states at the United Nations General Assembly. It contains the 17 Sustainable Development Goals (SDGs), which include social, environmental and economic aspects and aim at nothing less than the "transformation of our world".

The SDGs are divided into a further 169 sub-goals (targets) and include a new interconnected understanding of poverty, environmental degradation, inequality, modes of production and consumption, corruption, to name only a few examples. It was recognised that various problems need to be addressed everywhere and at the same time and should not be limited regionally or thematically. Thus, the responsibility for implementing the goals lies both with the individual countries and at the international level.

Dating Time!

WHAT IS SDG SPEED-DATING?



It's a Match!

Are you looking for a suitable partner? For sure, you will find one with this large selection. SDG speed dating gives you the chance to get to know the other SDGs and see if you have something in common.

Dating Help

1. We assign you an SDG. This SDG is YOU. Read briefly what your specialities are (approx. 5min).
2. Fill in items 1 to 4 on your dating notepad.
3. Choose a person you would like to meet. Don't ask what SDG he/she has (or "is") - let yourself be surprised!
4. The date: Start telling something about yourself. The other person will then also tell you something about themselves. Then you can discover how you can win each other's hearts and what is really important to you. Note down what you have in common and potential activities you could do together! You have 10 minutes.

Example: SDG 13 "Climate action": I love being outdoors and I love nature. The most important thing to me is that all animals and plants are well and I work hard to achieve this every day. I wish I had someone with whom I could share this passion.

5. Speed dating no. 2: New luck, same rules.



SDGs at a glance

SDG 1 NO POVERTY

1 NO POVERTY



I am SDG 1, also known as 'No Poverty'. My aim is to end poverty and ensure that everyone has the chance to live a dignified and fulfilling life. This involves creating a world where everyone has access to the resources necessary to meet their basic needs and pursue their dreams!

Poverty means not having enough money or resources to afford the things we need for a good life, such as food, housing and education. SDG 1 aims to **eradicate poverty in all its forms** and ensure that all people can enjoy a better future. An important aspect of SDG 1 is the **eradication of extreme poverty**. Extreme poverty is when people live on **less than €2 a day** and cannot afford even the basic necessities. Goal 1 wants to free people from extreme poverty and give them the opportunity to **develop themselves**, e.g. to go to school and have a good job.

Another aspect is the **reduction of inequalities**. Inequality means that some people have a lot of wealth and resources, while others have very little. SDG 1 aims to create a **more equal world** in which everyone has a fair chance to succeed and in which the gap between rich and poor is narrowed. Another focus is the **provision of social systems for ALL**, i.e. programmes and measures that help people in difficult times, e.g. if they lose their job or find themselves in a crisis. This includes **unemployment or health insurance**, for example.

Economic growth that benefits everyone is also on the agenda. This means that people find a decent job and receive an adequate income to improve their standard of living. The resulting benefits of economic growth benefit us all.

By doing these things, we can create a world where everyone has the opportunity to live a life free from poverty and full of possibilities.



SDGs at a glance

SDG 2 ZERO HUNGER

2 ZERO
HUNGER



Hi, I am SDG 2 “Zero Hunger” and I want to make sure that everyone has enough food to eat and that no one goes hungry. It's like creating a world where everyone has access to nutritious and delicious meals!

In Austria, for example, half a million people (total population: 9 million) suffer from hunger. Food is essential for our survival and keeps us healthy. SDG 2 aims to ensure that everyone has **enough to eat** in order to lead a **good and active life** and thus be strong and fit. One important part of SDG2 is **ending hunger**.

It means making sure that no one goes to bed hungry or has to worry about where their next meal will come from.

Another aspect is the promotion of **nutritious and healthy food**. All people should have access to healthy foods such as **fruit, vegetables, cereals and legumes**. SDG 2 also focuses on supporting farmers, especially small farms, and **promoting sustainable agriculture** - by providing them with resources, knowledge and support so that they can grow food in a way that protects the environment and ensures a sustainable food supply for all. SDG2 also encourages us to **reduce food waste**.

So, by doing these things, we can create a world where everyone has enough to eat and no one goes hungry.



SDGs at a glance

SDG 3 GOOD HEALTH AND WELL-BEING

3 GOOD HEALTH AND WELL-BEING



Hello, I am Sustainable Development Goal 3 "Good Health and Wellbeing". I'm here to make sure that everyone is healthy and feels good. It's about taking care of our bodies and minds so that we can live happy, healthy and fulfilling lives!

When we are healthy, we can do the things we love and enjoy life to the full. SDG 3 aims to promote health and well-being for all. An important aspect of Goal 3 is **ensuring access to high-quality healthcare**. This means that everyone should be able to see a doctor or go to hospital if they are ill or need medical help. Healthcare services and medicines should be **affordable, accessible to all** and of **high quality**.

Another aspect is the **prevention of illness** and the **promotion of healthy lifestyles**. The aim is to show people how to stay healthy, e.g. **through balanced meals, regular physical activity, sufficient sleep and good hygiene** in order to avoid illness and stay fit. This also includes clean water and toilets.

Goal 3 also focuses on **mental health**. This is about how we feel. SDG 3 aims to raise **awareness of mental health** and offer support to those who struggle with it.

It also encourages us to promote **healthy lifestyles**. It means making choices that are good for our bodies and minds, such as **eating balanced meals, staying active, getting enough sleep, and managing stress**.

So, by taking care of our bodies and minds, we can live happier, more fulfilling lives and contribute to a healthier world for everyone.



SDGs at a glance

SDG 4 QUALITY EDUCATION

4 QUALITY
EDUCATION



Hello, I am Sustainable Development Goal 4 "Quality Education". All people should have access to high-quality education and be able to realise their full potential.

Education is the key! It gives people the knowledge and **skills they need to stay healthy, find a job and promotes tolerance**. This is how we learn new things, develop skills and prepare for the future. SDG 4 aims to provide **quality education for all**, regardless of where they live and what their cultural background is.

Unfortunately, it is not yet a given that all children, especially girls, have access to education and learn to read and write. Therefore, the main concern is to ensure that **all children receive free, high-quality pre-school, primary and secondary education**.

No child should be left behind. This means that **schools and teachers must be provided** so that all children can learn and develop well.

Another important aspect is ensuring **good quality education**. This means good teachers, relevant and engaging topics and materials that help students learn effectively and develop important skills such as **critical thinking, creativity and problem solving**.

We must also ensure that children from **different social backgrounds** and children **with physical and/or mental disabilities** have the **same opportunities to learn and succeed**.

SDG 4 also encourages **lifelong learning**. This means that education does not stop after school, but continues throughout our lives.

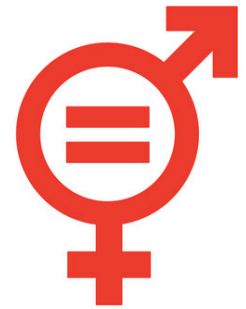
By providing access to education for all children, ensuring the education is of good quality, promoting equal opportunities, and encouraging lifelong learning, we can **empower individuals, strengthen communities**, and create a better future for everyone.



SDGs at a glance

SDG 5 GENDER EQUALITY

5 GENDER
EQUALITY



Hello, I am Sustainable Development Goal 5 "Gender Equality". I make sure that all people, regardless of their gender, are treated equally and have the same rights. I want to create a world where everyone is respected and has the freedom to pursue their dreams!

Again and again, people are treated differently because of their gender. SDG 5 aims to reduce these inequalities and ensure that **all people have the same opportunities to develop**. All forms of discrimination and violence are eliminated.

An important aspect of Goal 5 is the **promotion of equal opportunities for girls and women**. This means that girls and women have the same opportunities as boys and men to go **to school, find work and make their voices heard**. SDG 5 aims to create a world in which all people are treated fairly and have the same opportunities to succeed.

Goal 5 focuses particularly on **empowering girls and women**. This means giving them the self-confidence, skills and resources they need to make their own decisions and take control of their lives so that they can realize their dreams and contribute to their communities. This includes being sufficiently informed about **family planning and contraception**.

SDG 5 also encourages men to support gender equality in order to **break down male stereotypes and attributions** and contribute to a new image of "masculinity". This means promoting respect, understanding and equal opportunities for all.

So, by achieving gender equality, we can create a world where everyone is respected, valued, and has the freedom to be who they want to be.



SDGs at a glance

SDG 6 CLEAN WATER AND SANITATION

6 CLEAN WATER AND SANITATION



Hello, I am Sustainable Development Goal 6 "Clean water and sanitation". I make sure that everyone has access to clean water and sanitation.

Water is essential for survival. We need clean water for drinking, for washing and to keep our environment clean. An important aspect of SDG 6 is therefore **ensuring clean water for drinking and hygiene.** This means that we must ensure that the water we use is **free from harmful substances and pathogens** that could make us sick.

Another aspect is **adequate sanitation.** A proper toilet should be available to all people to ensure the health of communities, prevent the spread of disease and protect the environment. Goal 6 also focuses on the **protection of water.** This means that we must look after our water sources such as rivers, lakes and groundwater so that they can provide clean and drinkable water for future generations and protect the animals that live in them.

SDG 6 also encourages us to **use water responsibly.** For example, turning off the tap when we brush our teeth or repairing leaking taps to avoid wasting water.

SDG 6 aims to ensure that all people have access to safe and clean drinking water and adequate sanitation and that our water sources are protected and conserved. Ensuring this will keep us healthy and our environment clean.



SDGs at a glance

SDG 7 AFFORDABLE + CLEAN ENERGY

7 AFFORDABLE AND CLEAN ENERGY



Hello, I am Sustainable Development Goal 7 "Affordable + clean energy". I make sure that everyone has access to affordable, reliable and clean energy.

An important aspect of Goal 7 is the **use of clean, renewable energy sources**. This means that we use energy sources that do not harm the environment or contribute to climate change - e.g. solar and wind energy instead of fossil fuels such as coal or oil. Austria's National Energy and Climate Plan aims to achieve a 46-50% share of renewable energy by 2030.

Another aspect is the **affordability of energy for everyone**. This means that energy must not be too expensive so that everyone can afford an electricity connection in their household.

Goal 7 also focuses on **improving energy efficiency**. Energy efficiency means using less energy for the same applications or uses. Devices, vehicles and buildings should be designed in such a way that they consume less energy.

Sustainable Development Goal 7 also **encourages us to use energy responsibly**. This includes, for example, switching off lights and electronic devices when we don't need them or using public transport instead of driving to reduce energy consumption.

Bei diesem Ziel geht es um erschwingliche und saubere Energie. Wenn wir diese Dinge tun, haben wir genügend Energie für unser Leben zur Verfügung und schützen gleichzeitig die Umwelt für künftige Generationen.



SDGs at a glance

SDG 8 DECENT WORK + ECONOMIC GROWTH

8 DECENT WORK AND ECONOMIC GROWTH



Hello, I am Sustainable Development Goal 8 "Decent Work + Economic Growth". I am all about creating jobs and opportunities for all. I want to create a world in which all people have the opportunity to work.

Work is an important part of our lives. It enables us to earn money to feed ourselves and our families. Goal 8 aims to promote decent work and economic growth for all. One important aspect is the **creation of good jobs**. Everyone should have the opportunity to find a job that is fun, safe and fair, that pays decent wages and can meet their needs.

An important aspect is the **promotion of fair and safe working conditions** so that people are treated well, with respect and dignity at work.

Goal 8 also focuses on **supporting economic growth**. This objective therefore aims to create conditions that promote the growth of companies and create more employment opportunities for people. Objective 8 also **promotes business creation and innovation**. This means being creative and developing new ideas for businesses and solutions to problems. Goal 8 aims to encourage entrepreneurship so that people can start their own businesses and contribute to economic growth.

This goal is about creating decent work and economic growth. It means creating good jobs, promoting fair and safe working conditions, supporting economic development and encouraging entrepreneurship.



SDGs at a glance

SDG 9 INDUSTRY, INNOVATION + INFRASTRUCTURE

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



Hello, I am Sustainable Development Goal 9 "Industry, Innovation and Infrastructure". I'm all about building and creating things that make our lives better and our world more sustainable. With our creativity, we can shape a better future!

Industry and infrastructure (roads, rail network, water and electricity supply, ...) play an important role in our lives. SDG 9 aims to build strong and sustainable industries, promote innovation and create good infrastructure for all.

One important aspect is the **development of reliable transportation systems - good roads, train and bus connections** - to ensure that everyone can move around easily and connect with each other.

Another aspect is the **promotion of sustainable industries** that are good for both people and the planet. This means finding ways to produce things without harming the environment - e.g. by using renewable energies.

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Goal 9 also focuses on **promoting innovation**. In other words, developing new ideas and using technology to solve problems. SDG 9 encourages us to be creative and find innovative solutions to improve our lives.

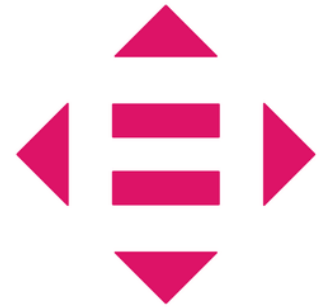
This goal also encourages us to create an **infrastructure that benefits everyone** to ensure that everyone has access to basic services and a good quality of life. This means, for example, **building schools, hospitals and water supply systems**.



SDGs at a glance

SDG 10 REDUCED INEQUALITIES

10 REDUCED
INEQUALITIES



Hello, I am Sustainable Development Goal 10 "Reduced inequalities". I want to ensure that everyone is treated fairly and has equal opportunities. Creating a world where no one is left behind is my goal!

Time and again, people are treated unequally because of their origin or gender. SDG 10 aims to reduce these inequalities and ensure that all people have the **same opportunities to succeed**. An important aspect of this goal is the **promotion of equality**.

All people, regardless of their origin, should have the same rights and be treated with respect. Goal 10 aims to create a world in which everyone is valued and can lead a happy and fulfilling life.

Reducing poverty is also part of this. Poverty means not having enough money to meet **basic needs such as food, housing and education**. This goal aims to ensure that all people have access to the things they need for a good life, independent of their income or where they live.

Goal 10 also focuses on **promoting inclusion and diversity**. This means valuing our differences and ensuring that everyone feels welcome and accepted.

SDG 10 also encourages us to stand up **against discrimination and injustice**. This means that we raise our voices when we see that someone is being treated unfairly and work together for a **more equal and just society**. This also includes promoting fairness, combating poverty and discrimination and valuing cultural diversity.

If we work together, we can create a world where everyone has a chance to flourish and where no one is left behind.



SDGs at a glance

SDG 11 SUSTAINABLE CITIES + COMMUNITIES

11 SUSTAINABLE CITIES AND COMMUNITIES



Hi, I'm Sustainable Development Goal 11 "Sustainable Cities and Communities" and I'm here to create cities and communities that are safe, inclusive and sustainable places to live. It's about creating a better home for all and designing and managing cities and communities in a way that is good for people and the environment.

An important part of the goal is to **make cities clean, green and environmentally friendly**. This means reducing pollution and improving air quality. SDG 11 **promotes the use of renewable energy** sources such as solar or wind energy and the **expansion of public transportation** to reduce the number of cars on the road.

Another aspect is making **cities safe and accessible for everyone**. This includes building sidewalks and bike paths so that people can get around safely on foot or by bike. But also creating spaces that are accessible for people with disabilities and ensuring that all people have **access to basic services** such as healthcare, education and clean water, regardless of their background or income. This goal also aims to **preserve cultural heritage** - historic buildings, traditions and art.

Goal 11 also encourages us to create **sustainable communities**. This means creating neighborhoods where people can live and work. This includes creating green spaces such as parks and gardens.

By working together, we can create thriving and sustainable places that everyone can enjoy and call home.



SDGs at a glance

SDG 12 RESPONSIBLE CONSUMPTION + PRODUCTION

12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



Hi, I'm Sustainable Development Goal 12 and I'm all about being responsible and mindful of the things we use and avoiding negative impacts on the environment and people as much as possible when producing them.

Everything we use, from the clothes we wear to the food we eat, has an impact on the environment. SDG 12 aims to reduce these impacts and ensure that we use our resources wisely.

An important aspect of Goal 12 is the **reduction of waste**. SDG 12 encourages us to think about how we can generate less waste. This means that we **recycle** materials such as paper, plastic and glass so that they can be made into new things instead of being thrown away.

Another aspect is the **efficient use of resources**. This can also be small things, such as using less water when brushing our teeth and showering or switching off the light when we leave the room.

Goal 12 also focuses on **sustainable production**.

This means that things are produced in the most environmentally friendly way possible, e.g. by using renewable energy sources.

This goal also encourages us to **choose products that are produced responsibly**. For example, we can buy clothing made from organic materials or support companies that offer their employees fair working conditions.

SDG 12 is about being responsible consumers and producers. This means that we reduce waste, use resources efficiently, promote sustainable production and choose the things we buy wisely and use them for as long as possible



13 CLIMATE ACTION

SDGs at a glance

SDG 13 CLIMATE ACTION



Hello, I am Sustainable Development Goal 13 "Climate Action". I am committed to climate action and trying to protect our planet: **reducing greenhouse gas emissions, adapting to climate change, raising awareness and working together as a global community. By taking action and changing our lives, we can help create a safer and healthier world for ourselves and future generations.**

The Earth's climate is changing and this is causing many problems. It is getting hotter and hotter, and this temperature change has a major impact on our environment, e.g. melting glaciers, rising sea levels and extreme weather events such as storms and heat waves. SDG 13 aims to tackle these challenges and find ways to reduce the impact of climate change.

An important aspect of Goal 13 is the **reduction of greenhouse gas emissions**. Greenhouse gases wrap around the earth like a blanket, trapping heat and warming the planet. We need to find ways to reduce the amount of greenhouse gases we produce, such as carbon dioxide, by using cleaner and more sustainable energy sources.

Another aspect is **adapting to the climate changes that are already taking place**. This includes, for example, the development of an infrastructure that can withstand extreme weather events (e.g. flood protection) or the development of new agricultural techniques that can cope with changing weather patterns.

Goal 13 also emphasizes the importance of **raising awareness of climate change**. If more people are aware and get involved, we can achieve more.

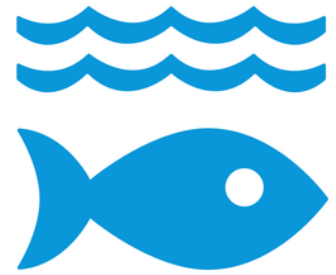
SDG 13 also promotes **international cooperation**. By sharing knowledge, resources and ideas, we can find better solutions and achieve a greater impact.



SDGs at a glance

SDG 14 LIFE BELOW WATER

14 LIFE
BELOW WATER



Hello, I am Sustainable Development Goal 14 "Life below water". I'm here to protect the wonderful life in our oceans and other waterbodies. Our planet is covered by vast oceans that are home to a variety of creatures such as fish, whales, dolphins and colorful coral reefs. I am committed to keeping our oceans clean, healthy and full of life.

The aim is to prevent hazardous and harmful substances such as **plastic, chemicals or oil** from entering the water, polluting it and harming the plants and animals that live there. Goal 14 aims to keep water clean in order to protect ecosystems.

One important aspect is the **protection of marine habitats**. Coral reefs, for example, are like vibrant underwater cities, full of life and color. Goal 14 aims to protect or restore these habitats.

Goal 14 also focuses on **preventing overfishing**. Overfishing is when too many fish are caught from the sea, more than can grow back naturally. It ensures that we fish responsibly and give fish populations enough time to grow and reproduce.

SDG 14 also encourages us to **choose carefully when purchasing products that come from the sea**. This means that we opt for sustainable fishery products and do not buy products that contain or are made from endangered marine species.

SDG 14 is about the protection of life under water. Pollution must be prevented, marine habitats protected and responsible purchasing decisions made. This will ensure that our oceans remain full of diversity and life for generations to come.



SDGs at a glance

SDG 15 LIFE ON LAND

15 LIFE ON LAND



Hello, I am Sustainable Development Goal 15 "Life on Land" and I take care of life on land - animals, plants and forests. I am the guardian of nature!

Our planet is home to an incredible diversity of plant and animal species. SDG 15 aims to protect and **conserve this biodiversity**. Biodiversity means that there are many different species of living beings that live in different ecosystems.

An important aspect of Goal 15 is the **protection of forests**. Forests are like the lungs of our planet because they produce clean air. They also provide a home for many animals and help to regulate the climate. Goal 15 aims to stop deforestation and promote sustainable forestry.

Another focus is on **saving endangered species**. Goal 15 aims to protect these species and their habitats.

SDG 15 also promotes **sustainable land use**. This means that we **use our land sensibly and responsibly**. We need to find a balance between agriculture, housing and other infrastructure (transport, energy and water supply, ...) while protecting and preserving natural habitats for animals and plants.

Goal 15 also focuses on **raising awareness** and educating people about the **importance of nature**. It is about communicating to people why it is important to protect our ecosystem. If we appreciate nature, we are more willing to make decisions that protect it.

Goal 15 is about taking good care of the land and soil. This means protecting forests, saving endangered species, using land responsibly and raising awareness of the importance of nature. By doing these things, we can help create a beautiful and healthy world for all living things, including ourselves.



SDGs at a glance

SDG 16 PEACE, JUSTICE + STRONG INSTITUTIONS

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



Hello, I am Sustainable Development Goal 16 "Peace, Justice and Strong Institutions". I am here to create a peaceful and just world, to build a strong foundation for a better society.

Peace means having a **world without wars** in which people can live together peacefully. SDG 16 aims to **reduce violence and conflict in the world**. It is about finding peaceful solutions to differences of opinion and promoting understanding between different groups. Justice means **treating all people fairly and equally**. Goal 16 aims to ensure that **laws and rules are fair for everyone**. **Discrimination should be prevented** and all people should have the same rights and opportunities. It also aims to ensure that people who misbehave face **fair consequences** for their actions.

SDG 16 aims to make these institutions strong and reliable. This means that there are **trustworthy police officers, judges and politicians** who protect people's rights and ensure that the law is upheld.

Goal 16 also focuses on the **fight against corruption**. Corruption occurs when people abuse their power for their own benefit. Goal 16 aims to put a stop to corruption and promote **transparency and accountability** in governments and organizations.

When we have peace, justice and strong institutions, people can live without fear because they know their rights are protected. This also helps to build trust between people and countries, which is important for cooperation and progress.



SDGs at a glance

SDG 17 PARTNERSHIPS FOR THE GOALS

17 PARTNERSHIPS
FOR THE GOALS



Hi, I'm Sustainable Development Goal 17 "Partnerships for the Goals" and I'm all about working together to make the world a better place.

There are major problems and challenges on our planet, such as poverty, hunger and climate change. But no one person or country can solve these problems alone. We must join hands and **cooperate**. Goal 17 encourages countries, organizations and people from all over the world to **join forces and support each other**. By working together, we can find better solutions and achieve more.

An important aspect of Goal 17 is **helping countries in the Global South**. We can share knowledge, technologies and resources with them so that they too can grow and improve their lives.

Another aim is to **promote fair and equitable trade**. It's like a game: everyone has to play by the same rules.

Goal 17 also encourages people to **share information and work together** to protect our planet. It's about finding ways to use our resources wisely, reduce pollution and combat climate change. When we join forces, we ensure that future generations will find an intact and livable planet.

Goal 17 is about teamwork, helping each other and building partnerships to solve the big challenges facing our world. Together we can make a difference and create a better future for all.

Dating Time!

That's what we have in common:

(What do you have in common with the other SDG?)



I am SDG (No. & Name)

**This is what I want to achieve
(keywords):**

**This is how we can support sustainable
tourism TOGETHER:**

